

Chronic Disease Self-Management Program (CDSMP)

Program Goal: Teach adults with chronic conditions the self-management skills needed to build self-confidence to take part in maintaining their health and managing their chronic health conditions.

Program Format: Peer-led program with weekly sessions hosted for six weeks. Workshops help participants grow skills to manage the medical, social, and emotional impact of chronic disease. Workshops are two and a half hours. They take place in public settings such as senior centers, churches, and hospitals. Participants share their stories to help each other solve problems faced in living with chronic conditions. They make their own custom action plan each week.

Subjects covered during workshops include:

1. How to deal with frustration, fatigue, pain, and isolation
2. How to maintain and improve strength and endurance with exercise that matches current abilities
3. How to eat healthier
4. How to use medication properly
5. How to work better with health care providers
6. How to make better decisions
7. How to evaluate new treatments



"The workshop put me back in charge of my life, and I feel great. I only wish I had done this sooner."

Program Development: Stanford received a five-year research grant to develop and evaluate, through a randomized controlled trial, a community-based self-management program that assists people with chronic illness.

Program Results: Studies show that participants had positive results in many areas to include:

- 5% reduction in ER visits*
- 3% decrease in hospital stays*

Program Alignment: Aligns with Results Washington Goal 4: Healthy & Safe Communities, Supported People, Quality of Life 3.2 to "Increase the percentage of long-term service and support clients served in home and community-based settings". Healthcare Authority's Common Measures, #55- Potentially Avoidable Use of Emergency Department and #62- Plan All-Cause Readmission.

Find out more: www.selfmanagementresource.com and <https://livingwell.doh.wa.gov>

Key words: physical activity, chronic disease, chronic condition, group setting, self-management, health promotion

* Ahn S., Basu R., Smith M., Jiang L., Lorig K., Whitelaw N., Ory M. (2013). The impact of chronic disease self-management programs: healthcare savings through a community-based intervention. *BMC Public Health*, 13(1), 114.